



Grant County Health Dept

111 South Jefferson St, Floor 2
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www.co.grant.wi.gov
(608) 723-6416

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Protect Your Eyes from the Sun!

Everyone is at risk for eye problems caused by the sun. Sunglasses help you in two important ways. They filter light and they protect your eyes from damaging ultra-violet (UV) rays. Long-term exposure to UV rays can lead to cataracts, macular degeneration, or skin cancer around the eyelids. Sunglasses should be worn when you are outdoors so you can protect your eyes.

You should choose sunglasses that:

- reduce glare
- filter out 99-100% of UV-A and UV-B rays
- protect your eyes
- are comfortable to wear
- do not distort colors.



Do children need sunglasses?

Yes. Children are at special risk from the harmful effects of UV, since their eyes do not have the same ability as adults to protect from UV radiation.

Here are some helpful suggestions for choosing sunglasses for children:

- Check to make sure the sunglasses fit well and are not damaged,
- Choose sunglasses that fit your child's lifestyle-the lenses should be impact resistant and should not pop out of the frames,
- Choose lenses that are large enough to shield the eyes from most angles. Find a wide-brimmed hat for your child to wear along with the sunglasses.

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.

Food Safety for Preschoolers

Preschoolers' immune systems are still developing. Follow important general food safety guidelines to avoid foodborne illness. Follow these additional food safety guidelines to keep your preschooler healthy and safe. You can also print the Food Safety Tips for Preschoolers handout.

Wash Hands Often Hand washing is one of the most important ways to keep your preschooler from getting sick. Children should wash their hands with warm water and soap for 20 seconds at a time:

- After using the bathroom
- Before and after handling food or eating
- After playing with pets, visiting a petting zoo, or visiting a county fair
- After coughing or sneezing
- When their hands are dirty

Prevent Choking Prevent choking by avoiding small or tough pieces of food. Your preschooler can easily choke on some foods. Avoid foods that are smaller than one-half inch (1/2 in.) or about the size of a nickel such as:

- Peanuts •Chewing gum •Round slices of hot dog or sausage
- Whole grapes •Cherry tomatoes •Tough meats

To prevent choking, have your preschooler sit down when they eat. Avoid letting them run, walk, play, or lie down with food in their mouth.

Avoid Raw Foods Some foods are more likely to cause foodborne illness. Avoid serving your preschooler the following foods:

- Unpasteurized (raw) milk or any products made from unpasteurized milk
- Raw or partially cooked eggs or foods containing raw eggs
- Raw or undercooked meat, poultry, fish, and shellfish. Cook foods to safe minimum internal temperatures
- Unpasteurized juices
- Unwashed fruits or vegetables, especially raw sprouts

Serve Safe Seafood Some types of seafood may contain unhealthy chemicals, like mercury. Choose fish lower in mercury to make sure what your child eats is safe. Choices that are lower in mercury include:

- ♦Salmon ♦Flounder ♦Tilapia ♦Trout ♦Pollock ♦Catfish

For more information, visit FoodSafety.gov.

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Aug 20th—Cuba City St Rose
Mazzuchelli Hall 9:30am to 3:30pm

Aug 27th—Lancaster Schreiner
Memorial Library—9:00am to 3:30pm

Sep 5th—Platteville Lutheran Church
Of Peace 9:00am to 3:30pm

Sep 10th—Boscobel United Methodist
Church—9:30am to 3:30pm

Sep 11th—Fennimore United Methodist
Church 9:00am to 3:30pm

Sep 19th—Platteville Lutheran Church
Of Peace 9:00am to 3:30pm

Sep 24th—Lancaster Schreiner
Memorial Library—9:00am to 3:30pm

Sep 25th—Late Lancaster Schreiner
Memorial Library 3:00pm to 6:30pm

Sep 26th—Platteville Lutheran Church
of Peace 9:00am to 3:30pm

Oct 3rd—Platteville Lutheran Church
Of Peace 9:00am to 3:30pm



Grant County Health Dept will be
closed on September 2nd

Get Ready for School

The State of Wisconsin requires the following immunizations for school entrance:

Children going into Pre-K (ages 2 through 4 yrs) should have:

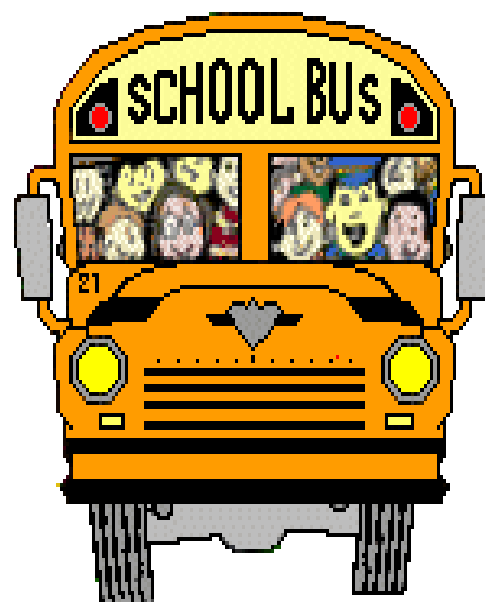
DTaP	4 doses
Polio	3 doses
Hepatitis B	3 doses
MMR	1 dose
Chickenpox/Varicella	1 dose (Or history of disease)

Children going into 5K (kindergarten) through 5th Grade should have:

DTaP	5 doses*
	*(if the 4th dose was before their 4th B-Day)
Polio	4 doses
Hepatitis B	3 doses
MMR	2 doses
Chickenpox/Varicella	2 doses (Or history of disease)

Children going into Grades 6th through 12th

DTaP	5 doses*
	*(if the 4th dose was before their 4th B-Day)
Polio	4 doses
Hepatitis B	3 doses
MMR	2 doses
Chickenpox/Varicella	2 doses (or history of disease)
Tdap -	1 dose (in the past 5 years)



After your child receives their immunizations, please send the immunization dates to your school. The Grant County Health Department provides immunizations free for children with BadgerCare or no insurance to cover vaccines.

The Tdap vaccine is currently free for persons due to reported cases of those diseases in Wisconsin. Call the Health Department with any questions at 723-6416.

Check your child's immunization record at <https://www.dhswir.org>

DID YOU KNOW:

What's the most common birthday in the world?



Birth data shows that **Sept. 9** is the most common birthday in the U.S., and September is the busiest month for births overall. There have been several reported data sets that offer a picture of which days and months are the most common for births. *Source: State of Wisconsin website*

Backpack Tips for Parents and Students

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Below are some tips for using a backpack.

Loading a Pack

A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 80 pounds shouldn't wear a loaded school backpack heavier than about 8 pounds.

Load heaviest items closest to the child's back (the back of the pack).

Check what your child carries to school and brings home

If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.



Wearing a Pack

- Distribute weight evenly by using both straps.
- Select a pack with well-padded shoulder straps.
- Adjust the shoulder straps so that the pack fits snugly on the child's back.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.



Change Service Requested

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